





# vertical herenow

ozen rajneesh



we act out of stillness  
we share out of love  
and silence is the reward  
in totality when you share in abundance  
it creates such a silence in you  
that is the reward



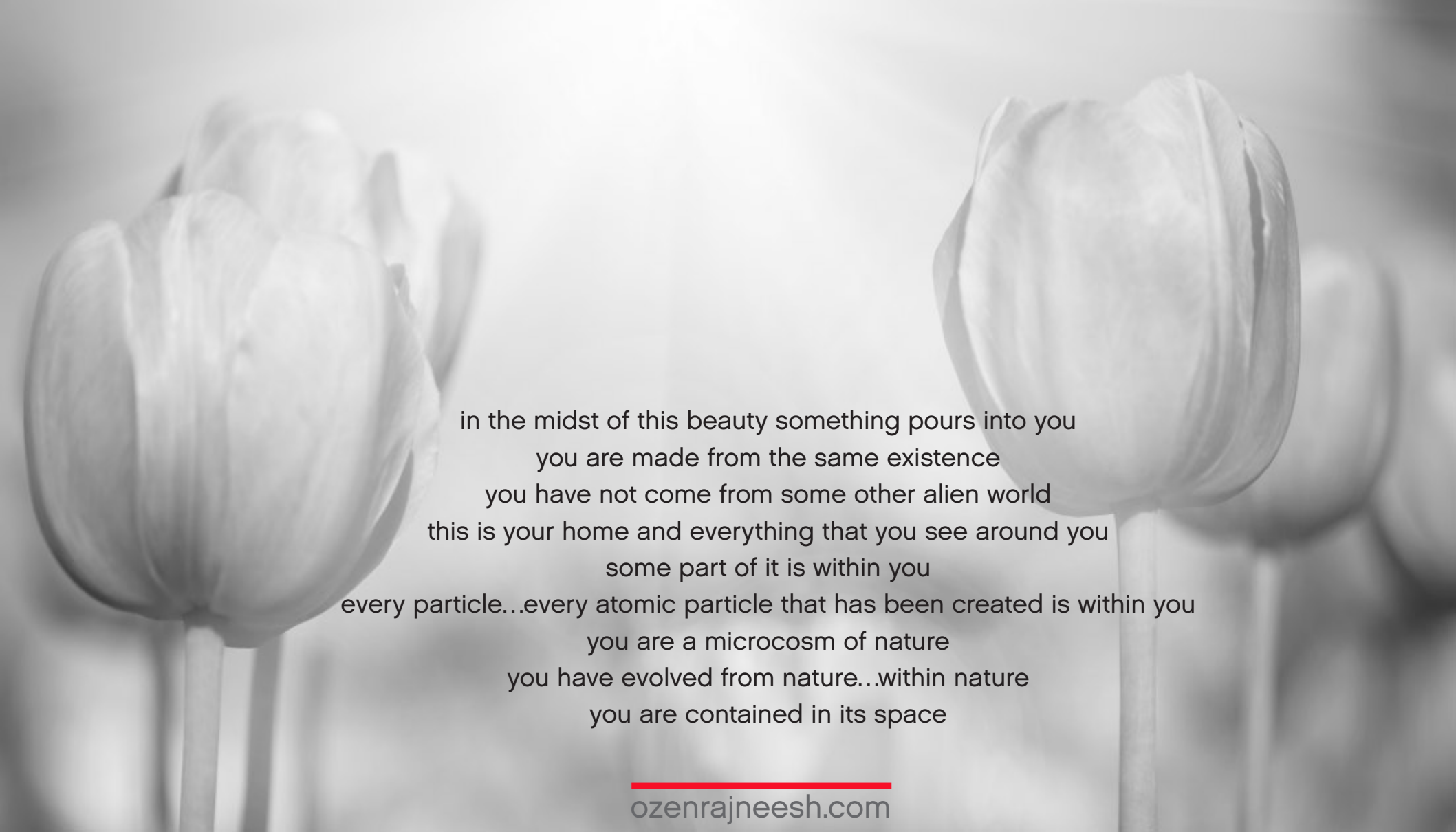
unless you can drop the past and the future  
and learn to live in this very small pulsating moment  
you have missed life completely  
life is in the present  
one moment at a time  
you do not even have time for this moment  
this is the misery  
that you are not even living

you have to be so still  
just the very crown centre  
aligned vertically zero upwards  
and you pass through  
it needs the perfect balance  
the shushumna will shoot into the sky  
and the lotus will open  
no mind...no movement...utter stillness  
vertical...no gravity...  
and you are free  
and the moment you are free your inner lotus opens  
and it starts collecting cosmic energy  
it is like an open hand  
high in the sky gathering all the cosmic energy  
tunnelling it through to body into the earth



the buddhas say that you are perfect  
just the way you are in this moment  
now you understand ?  
you are perfectly perfect the way you are in this moment  
what is this moment ?  
it is this peaked state of no mind  
and this is the moment they are speaking of  
you are perfectly perfect in this vertical state of silence  
this moment is your eternity





in the midst of this beauty something pours into you  
you are made from the same existence  
you have not come from some other alien world  
this is your home and everything that you see around you  
some part of it is within you  
every particle...every atomic particle that has been created is within you  
you are a microcosm of nature  
you have evolved from nature...within nature  
you are contained in its space



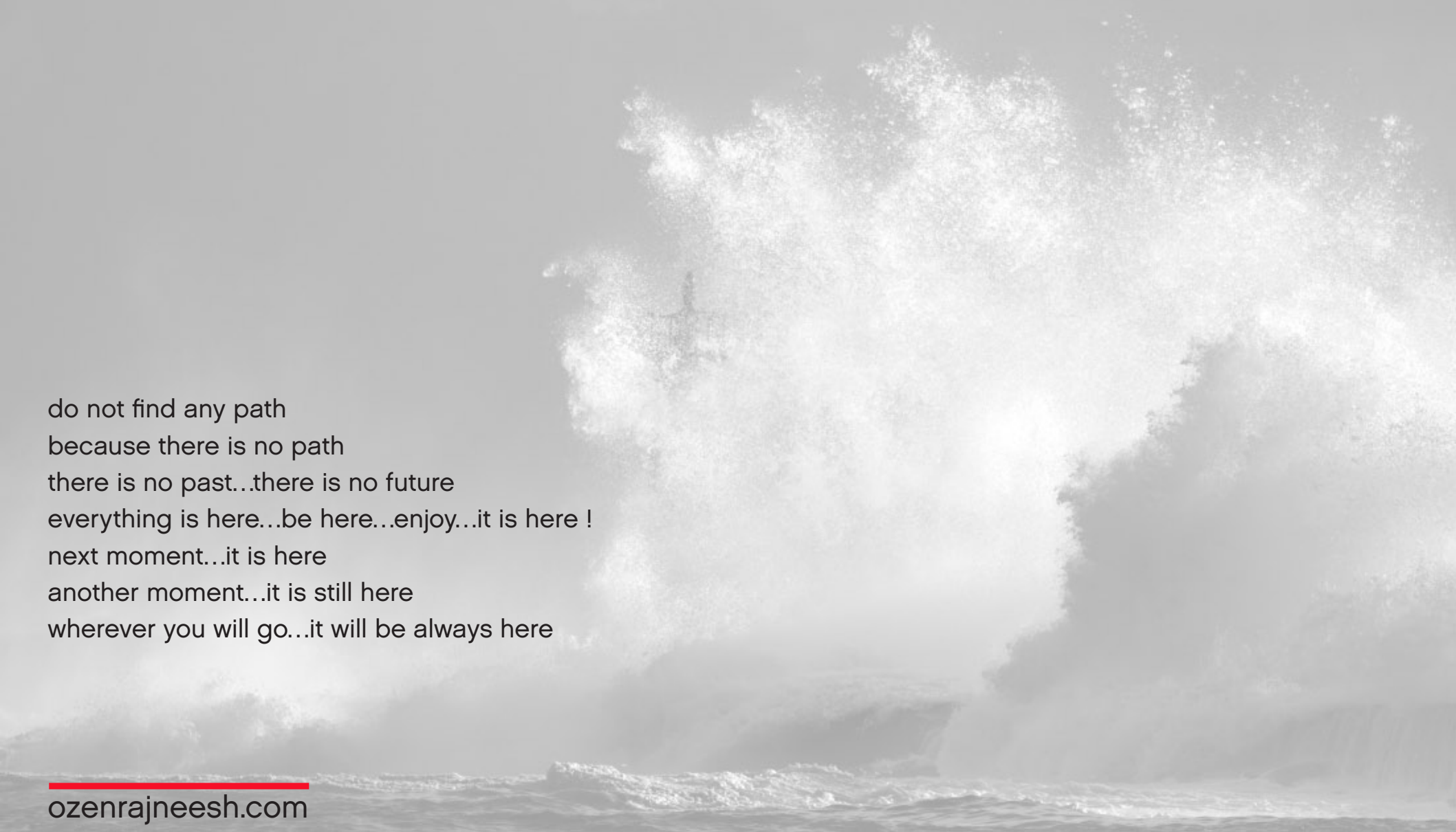


totally present  
here...herenow  
you have to know the herenow  
the moment you will know  
all masters will become present to you  
they are simple vertical presences  
untouched by gravity or any movement  
they remain vertically present  
generation after generation

learning how to sit still  
learning how to move consciously  
you are heightening the stillness  
the not moving part of you is becoming alert  
the moment you move...the no moving becomes stronger  
how to do without doing  
action without action  
wei wei...just the centre of the cyclone







do not find any path  
because there is no path  
there is no past...there is no future  
everything is here...be here...enjoy...it is here !  
next moment...it is here  
another moment...it is still here  
wherever you will go...it will be always here

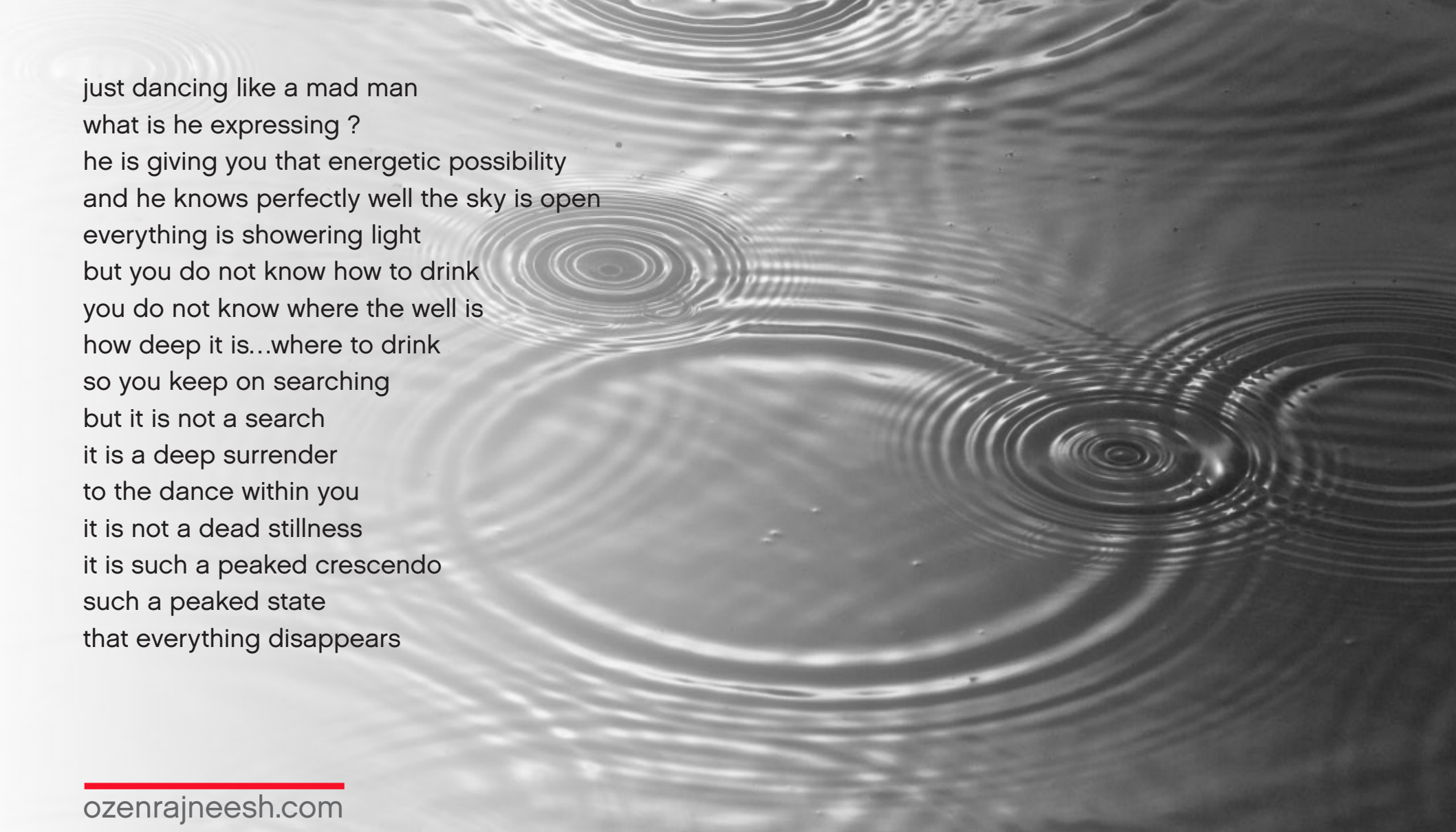
all your ideas and experiences of the past  
are becoming more refined and are moving toward the future  
past is dead mind  
future has not yet happened  
mind is projecting into the future of dreams and desires  
both are not living in the present  
so much past...so much future yet to live  
this present moment...has no space to breathe  
this present moment is just one vertical pulse  
just a single moment  
this single moment is becoming available to you in the present  
mind has no reality  
absolutely none whatsoever  
it is not even part of your imagination  
so much past you are carrying  
so much future you are projecting into  
you have no present moment  
hence you are not even living



go and share it  
express your life  
express your gratitude  
share it with everybody you meet  
and they are helping you by accepting your love  
because when they accept your love  
you are expanding into their hearts  
they are creating a space for you  
to spread life  
be grateful to those you meet  
and share everything that you have



masters are never in the past  
past and future are part of the bodymind  
when you come to that vertical moment  
you are always hanging in a certain present moment  
it is a vertical door  
the future the future...the past the past  
this herenow is present vertically...



just dancing like a mad man  
what is he expressing ?  
he is giving you that energetic possibility  
and he knows perfectly well the sky is open  
everything is showering light  
but you do not know how to drink  
you do not know where the well is  
how deep it is...where to drink  
so you keep on searching  
but it is not a search  
it is a deep surrender  
to the dance within you  
it is not a dead stillness  
it is such a peaked crescendo  
such a peaked state  
that everything disappears

you do not have any limit in celebration  
dance...silence...love...  
all these beautiful qualities in you  
all that is living in you...has no limits...none !  
you can share your love with the whole sky  
you can dance with the trees and the wind  
no limits !  
you can drown into the silence  
silence has no limit !  
it can go through the walls  
it can reach the sky !  
silence connects...  
love connects...  
life connects...








the state of awareness knows nothing  
it is pure innocence and a peaked alertness  
not knowing anything  
utterly drowned into its isness...  
into its state of awareness...  
and it knows nothing

i am perfectly imperfect...  
and i am never right  
i am always wrong  
because i give way to the other  
i am content where i am and i see the other in misery  
i give the other person first chance  
always give way to others  
enjoy their happiness  
you are happy in their bliss  
just be easy and life will give you so many treasures  
when you are at ease with life



from the horizontal to the vertical  
is the search of the meditator  
find your vertical  
and live it in the horizontal...  
and soon you melt and merge  
and the vertical becomes present  
and the horizontal simply dissolves...

this very place the lotus paradise...  
within this world is the garden of eden  
within this world is heaven hidden  
you have to live life itself so deeply  
that you understand that heaven is here now  
once you understand this  
you are living in paradise  
because there is nothing more than life itself



totality means...not a single movement  
because you have come to such a peaked state  
that totality has stopped you  
so live as totally as possible  
no need to move even a finger !  
it is a vertical totality  
so deep...so high into the sky  
vertical totality



whatsoever you are seeing is illusory  
because your right eye is connected to your left brain  
and the left side is connected to the right brain  
in a way you are seeing cross eyed  
you are not seeing the world straightforward  
that is why you are seeing matter  
you need two intersecting points to see the dot  
the third eye does not see objects  
it sees the light and the world made of light  
when you open your eyes you see the objective reality  
when you close your eyes you see the light and its reality  
the mirror is your seventh sense  
the third eye is the state of awareness where light enters  
it shows you a new universe  
the new universe is perfect...absolutely perfect  
it is so and always remains so







is enlightenment sudden ?  
or is enlightenment gradual ?  
enlightenment is sudden  
there is no gradual enlightenment  
but after that explosion of enlightenment  
there is gradual development  
for the body to absorb these new condition  
but enlightenment is always sudden



have we gone so far away  
that we have forgotten  
how to listen to our inner being ?  
have we lost this simple state of innocence  
and gathered so much rubbish  
that we need to learn how to be still and silent ?  
the message is very simple  
but nobody wants to understand the simple message  
the simple does not suit the ego  
you are a powerful person  
you can move the world  
you can do so much  
sitting silently...doing nothing  
how the world will move ?  
maybe it will stop spinning and collapse



energetic vertical transformation  
is simply raising the frequency of energy upwards  
anything you watch...will become fire...will disappear  
anything !  
you put anything onto the watchfulness of meditation  
it will disappear into light



always herenow  
responding in multidimensional nature to each moment  
awareness is not in the past or the future  
but exactly in the middle...this present moment  
moment to moment in its aliveness  
awareness is not even aware of the past or aware of the future  
vertically herenow  
it only knows the herenow  
and the present vertical unfathomable moment

this is the experience of samadhi  
you fall into a black hole  
you do not know what is up...what is down...  
where is left...where is right...  
everything becomes multi dimensional  
everything becomes a circular spherical phenomenon  
it is no more horizontal  
in a sphere sound comes from a million directions  
you can feel it all around you  
and you do not know what is up and what is down  
all your five senses dissolve into the sixth sense  
and the seventh sense is a pure sphere








seeking truth  
millions are seeking truth  
absurd !  
truth is present everywhere  
alive...dancing...throbbing  
but you do not know how to listen  
you are not trained to listen to silence  
it is uncomfortable  
become tuned with this silence  
it is your eternity  
it is you  
treasure yourself  
and the message is very simple...nothing special  
just go in...become still...be silent  
wait  
it will reveal itself to you





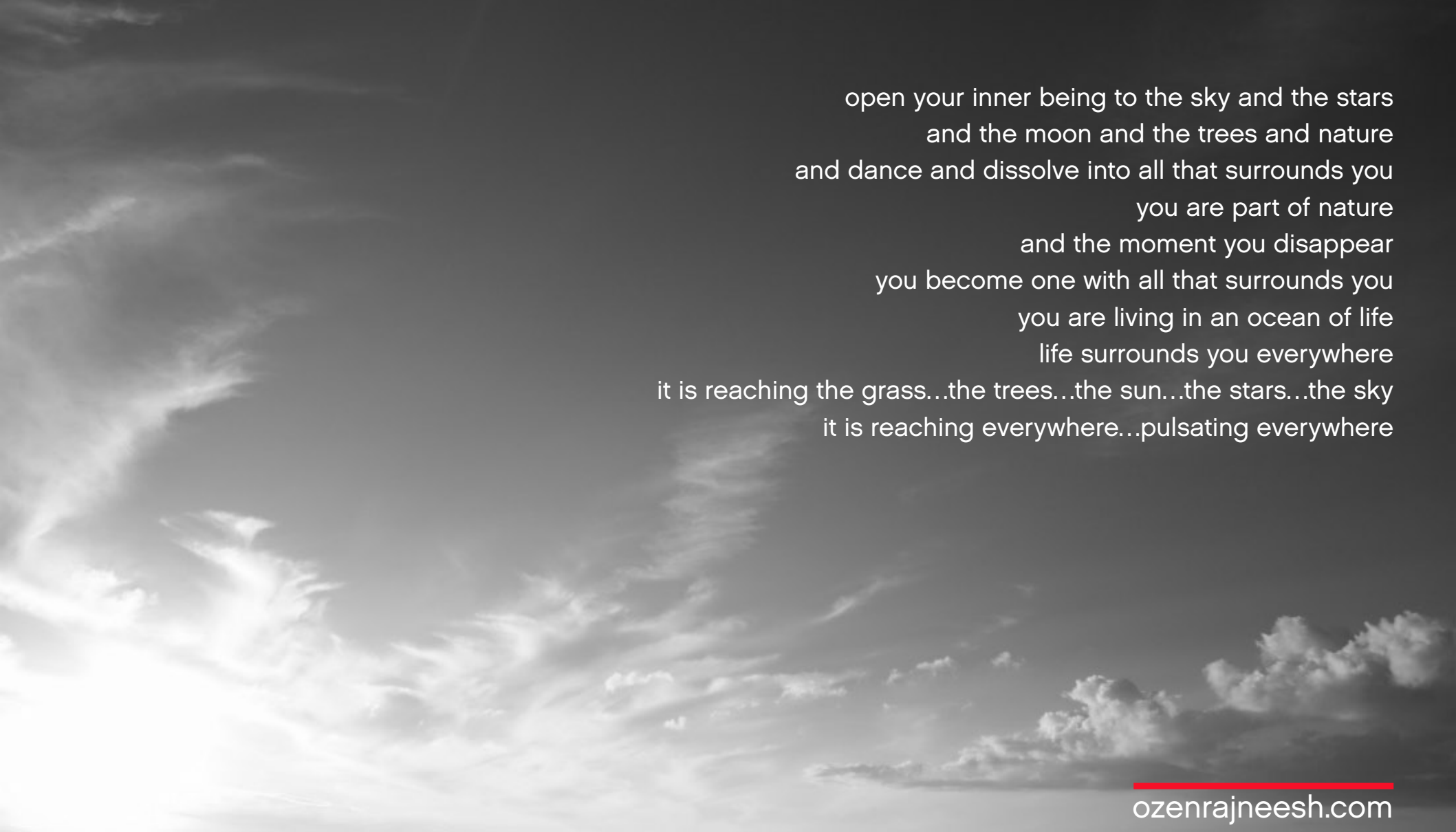
your remembrance of the master  
brings him back and makes him alive  
when you are present he will be present  
when you are absent he is still present  
when two presences meet there is the living master  
and why create a division ?  
why divide in the first place ?  
that there is a master and this is me ?  
he is there and i am here  
why divide? just dissolve and disappear  
and who is who ?  
where is he and where am i ?  
or where is he and where are you ?  
forget about this boundary



taste your meditateness  
live meditatively  
i call it living vertical awareness  
being in the state of meditateness

---

[ozenrajneesh.com](http://ozenrajneesh.com)



open your inner being to the sky and the stars  
and the moon and the trees and nature  
and dance and dissolve into all that surrounds you  
you are part of nature  
and the moment you disappear  
you become one with all that surrounds you  
you are living in an ocean of life  
life surrounds you everywhere  
it is reaching the grass...the trees...the sun...the stars...the sky  
it is reaching everywhere...pulsating everywhere



pure innocence...no knowing...nothing  
no search...no running around  
this is your innermost reality  
to make oneself disappear  
utterly nobody  
pure innocence  
this simple language




you do not need to take a single step  
you just need to learn to dive vertically deep  
without a single step  
knowing who you are  
being utterly present  
to this vertical state of stillness within you  
and you have arrived



your inner nature is immaterial  
not only is it immaterial  
it has no gravity that can bind it together  
it is unbounded softness flowing through you  
nothing can hold it together  
and because of its weightlessness  
you go on missing it





people are not living their lives moment to moment  
they are living their dreams...far away !  
they are living in the past  
dead memories...and future projections  
running around horizontally...the centre has no life pulsating  
the vertical centre has no life strength  
come to this vertical centre in you  
and your body will become like a pillar of light  
your body will radiate stillness and presence  
that presence of being present here...totally here  
no mind...no desire...just physically utterly still  
and you are living totally  
totality brings you to a stop

one single word...innocence...  
have you seen the child looking at the trees and the flowers ?  
with open eyes...he looks...  
can you see the gratitude reflected in him ?  
he has been uncorrupted...  
life is pulsating in him and he is full of wonder  
life is coming through his eyes  
and he is seeing the trees and he is seeing the flower  
the whole source of life is pure and uncorrupted  
that is a meditator !  
that is the master opening your heart




the moment this rush of life happened within me  
such an explosion happened within me  
i was dumbfounded...paralysed  
not from the pain but from the bliss  
that my god...can i absorb this torrent ?  
this showering is so immense  
it is evaporating me completely  
i cannot breathe...so vast...  
i cannot contain this bliss  
it is uncontainable  
it simply ceased me  
and i became paralysed out of bliss



time needs a certain movement to measure  
there is no sense of time because there is no way to measure  
there is no space...no light to gauge  
it is a very strange phenomenon  
when you fall into it you do not know how big it is  
but it is as vast as the universe  
because the black hole has no boundary either  
the moment you fall into this black hole it is shocking  
everything around you...outside you...starts exploding into light  
you see all forms of light  
because now you have fallen into such a dark space  
that even the darkness around you has become filled with light  
that is why it is called the black hole  
no light can enter in it...it is perfectly dark  
the big bang is nothing but a black hole exploding  
emptiness exploding  
it creates matter





it is not about reaching anywhere !  
just go within...drown within  
look within yourself...look within  
not reaching anywhere...nothing  
empty yourself into this zero state






the whole process of meditation  
does not give you any answers  
the only answers you receive is a deep silence  
in which all questions simply disappear  
this is the whole process of the vertical journey  
how to move your inner states higher and higher within you  
till you come to the highest point in you  
that is the search  
it is not far away  
it is not somewhere else  
it is vertically within you

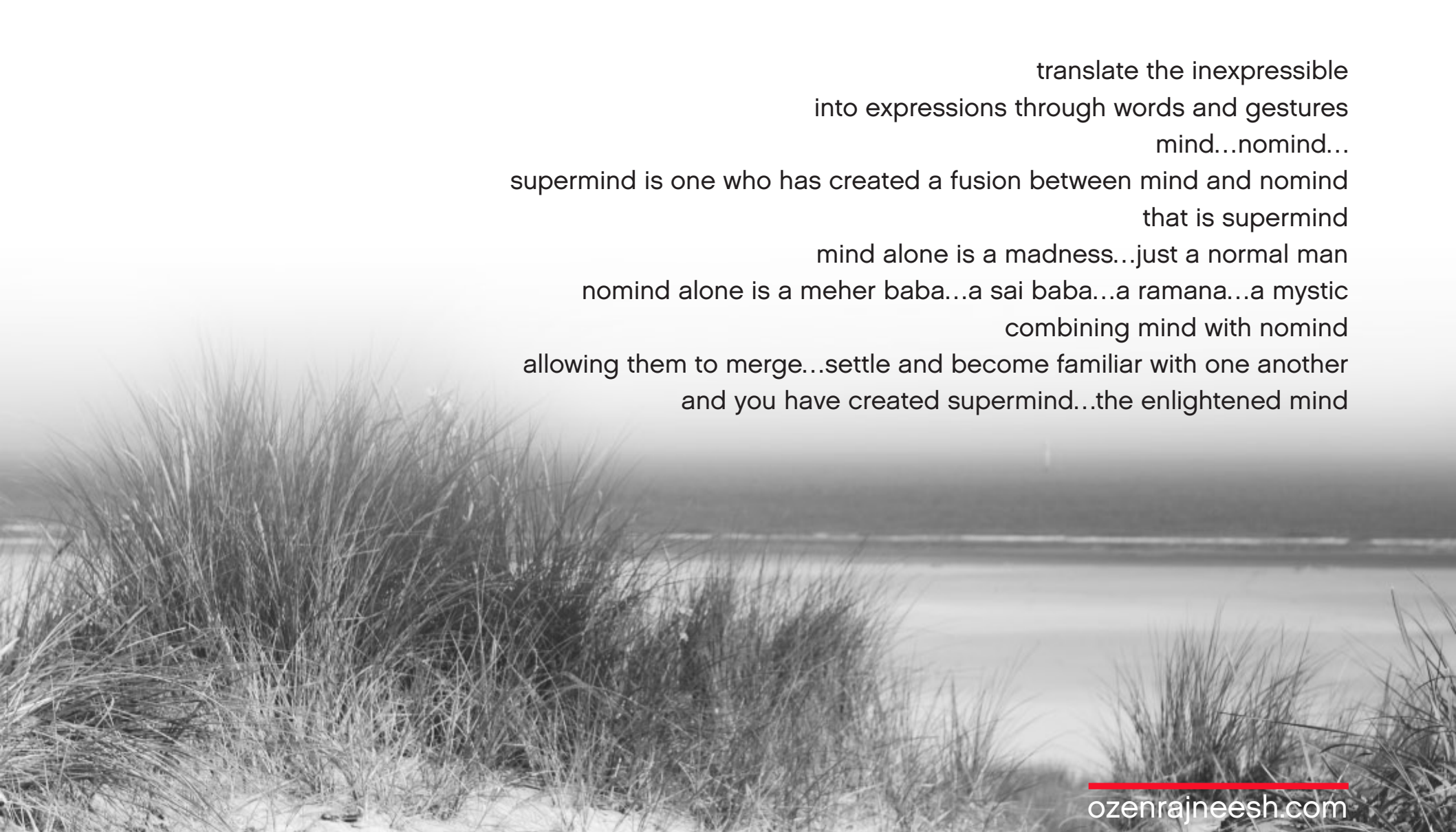




from the inner...you are reaching the outer silence  
and the outer silence is showering upon you  
slowly slowly you merge  
and you are no more there  
what remains is a pure state of silence  
this experience is so utterly simple  
this experience expands your inner boundaries  
and you become boundless  
and all that weight simply evaporates like an illusion  
you do not have a body anymore  
you have wings  
and you can touch the sky  
this is the experience of unboundedness  
and in this state you can experience your utter bliss  
the body completely evaporates  
there is no more sense of i  
there is no more sense of body  
just a pure spaciousness  
pure emptiness  
filled with the blissful buzzzzz of life



anybody who is not blissful in himself  
is going to do something miserable for another person  
it is as simple as that  
anybody who is put under pressure  
sooner or later will become a criminal  
the society...the world we live in...is not compassionate enough  
the person who is a criminal  
perhaps is the weakest in society...  
that he has been wrongly influenced




translate the inexpressible  
into expressions through words and gestures  
mind...nomind...  
supermind is one who has created a fusion between mind and nomind  
that is supermind  
mind alone is a madness...just a normal man  
nomind alone is a meher baba...a sai baba...a ramana...a mystic  
combining mind with nomind  
allowing them to merge...settle and become familiar with one another  
and you have created supermind...the enlightened mind

sitting...just sitting  
a deep thirst and just sitting  
waiting...waiting...waiting...  
something in you just settles deeper and deeper and deeper  
just waiting  
this waiting...slowly slowly becomes the door  
just waiting...what can you do ?  
you cannot force it to happen  
all you can do is wait  
a deep inner thirst is rising towards the sky  
looking for the stars...something is going to open  
and nothing is opening...no sky...what can you do ?  
nothing...just wait...wait...wait







not that god is love  
but love is godliness  
just the taste of it  
and you are in awe  
and you bow in surrender  
in deep gratitude  
utterly fulfilled

you are free  
you are a free being of light  
searching the ultimate freedom  
to reach the ultimate state of freedom  
you must be free  
no chains...  
nothing...  
no rules...  
no obedience...  
freedom towards the ultimate freedom  
freedom brings a certain integrity  
you cannot blame it on others now  
the moment you are free  
for the first time you are responsible  
it is not easy to be free  
freedom brings its own responsibilities





the master offers insecurity...  
as a way to remain open to the unknown  
is to destroy your security...creates chaos and confusion  
so you drop your wall...the mind and its judgments  
existence knows the tunnel of life  
uncreate to create  
turn chaos into harmony  
this mystical creation of the universe  
you will need to accept  
the wholeness of life  
and let go into chaos  
to be reborn through the black hole  
the master opens your heart to love  
and reveals the beauty of surrender  
you will need surrender  
to dissolve and let go  
into the mysteries of death  
into the mystery of life  
which is a new rebirth





you do not need to possess to be  
disappear and you possess the whole  
you are the whole  
no need to grab  
no need to hold  
the sky is yours  
open your hands and you are the sky  
simply surrendering into this universe




i am an energetic message  
we are living flames of life  
and we are here to experience our vertical presence

you need to experience real life and real life is here  
so strangely...slowing down is living more totally  
utterly still...and you are living totally  
not a single movement..you are on that hairline of life  
and you are complete...

slowing down the body  
this whole body is coming to a standstill  
and you are living totally...not a single movement  
but you are living totally...not a single ripple  
you are in the present moment perfectly herenow







i am silent  
unlearn into silence...


in reality you get only one pulse of life  
just one pulse  
you can only live one moment at a time  
now the poor one simple moment  
with so many dreams and desires  
so many different possible futures open to the world  
what to do ?  
you stop breathing...you stop living  
you start dreaming...you start thinking  
you start running around  
life is too short  
you need to achieve all of this  
life is too short  
there you are in the trap !!



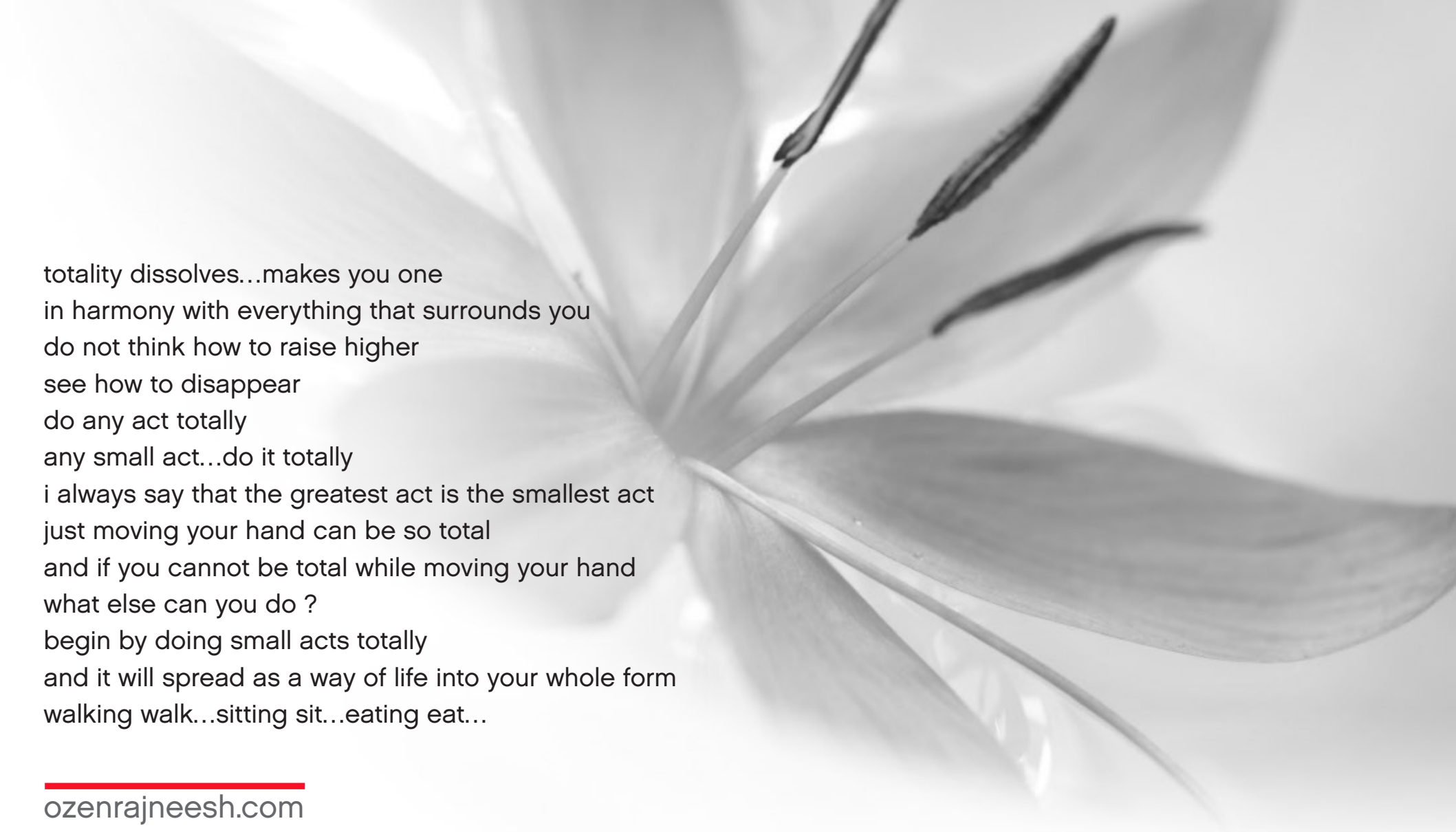




why look at the object...why not try to look at that which is absent  
you can change your perception of looking at everything in reverse  
what you see is not what you see  
and what you do not see...is surrounding what you see  
you have to watch carefully  
the empty spaces around the objects that you see  
look at the emptiness that surrounds you  
you are searching emptiness...no thingness  
where is this no thingness ?  
where is this emptiness ?  
how to see it ?  
the blackhole



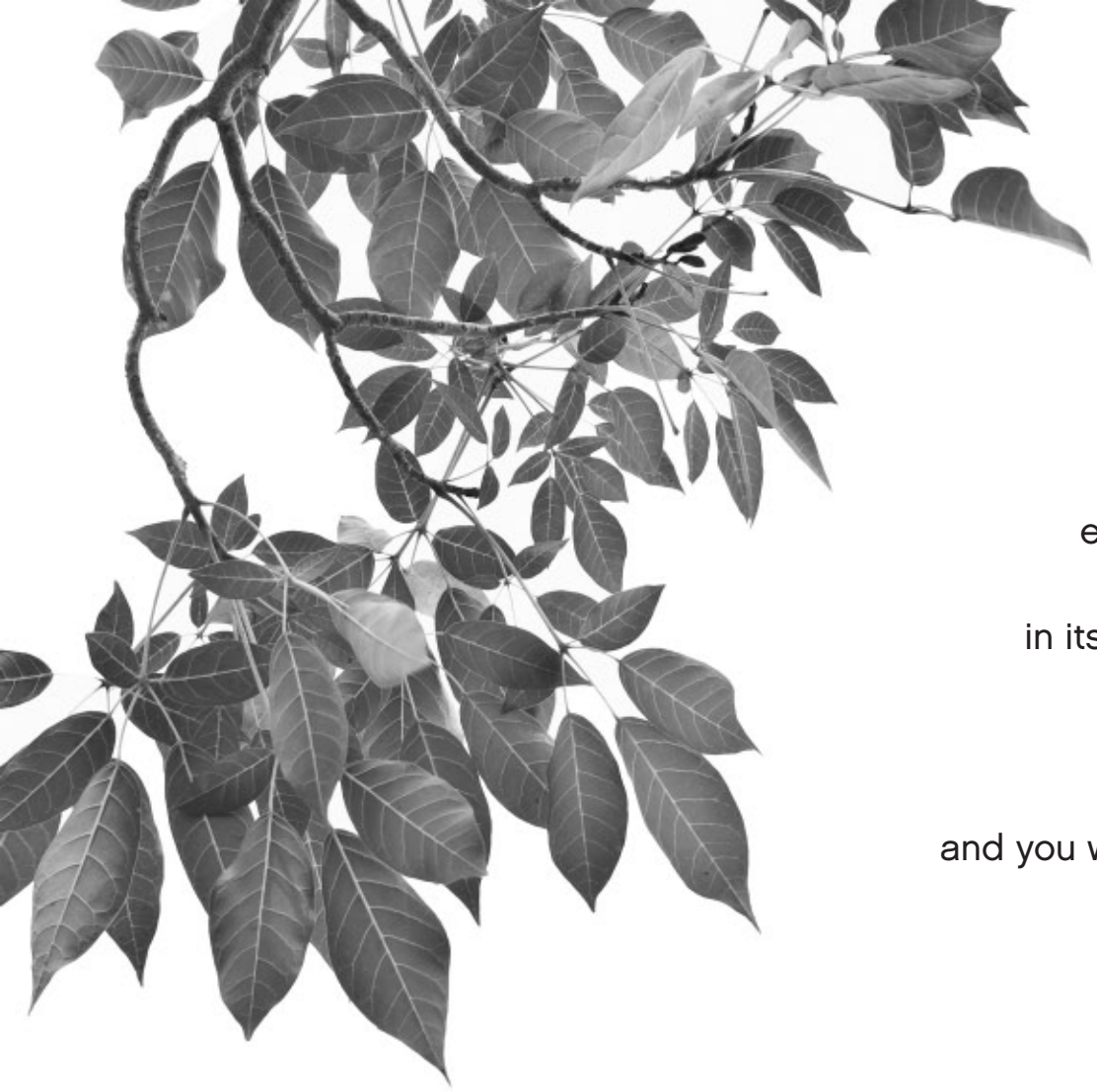
in silence you are not alone but connected  
with no wall...with no separation  
with all that surrounds you  
you need to grow subtler and subtler  
and understand this silent treasure  
that you are carrying within you  
this is your eternity  
when all will be gone  
this mind...this desire...this dream  
when all disappears  
what will remain will be this presence



totality dissolves...makes you one  
in harmony with everything that surrounds you  
do not think how to raise higher  
see how to disappear  
do any act totally  
any small act...do it totally  
i always say that the greatest act is the smallest act  
just moving your hand can be so total  
and if you cannot be total while moving your hand  
what else can you do ?  
begin by doing small acts totally  
and it will spread as a way of life into your whole form  
walking walk...sitting sit...eating eat...



this invisible presence  
that silently surrounds us  
is the very search of the mystic  
they call it  
nothingness  
no thing ness  
can you see it all around you  
no thing ness  
spread out invisibly  
silently  
caressing your each move



enlightenment is bringing a state of meditateness  
into the smallest acts of your day to day life  
in its expression of grace...harmony...balance...beauty  
each and every movement of the body  
each and every act...do it totally perfectly  
harmoniously...with your total attention and love  
and you will see that your deepest centre starts connecting  
to each and every act of yours  
this is how you bring the buddha into your life






we keep missing it  
because we do not know this silence  
we keep moving  
searching  
seeking  
desiring  
running  
always somewhere else  
always away from your silent centre  
always there...as if it is outside you  
your inner contentment  
you are filled with it when you are home  
just come back home  
be filled with your silent presence  
and see the beauty of this utter let go  
no struggle  
no desire  
no dreams  
just life pulsating within you



when you watch a mystic moving  
each and every action  
each and every movement...a grace  
he is indicating that he is aware of this silent presence  
that is why they say  
hidden in the smallest gesture  
is the invisible presence of life



vertical transformation accepts you just the way you are  
and the moment you go vertically higher  
the higher descends...things settle...the lower is transformed  
transformation is a very simple knack  
how to reach that state...drink from it...draw from it...live with it...



the very experience of enlightenment  
is nothing but an utter surrender to existence  
it is not a struggle against existence  
it is an utter surrendering...deeper and deeper




how to bridge to others through your heart  
and create stillness and silence for the other  
then you can be anywhere you want  
you will not feel any distance anywhere  
and the moment you will tap into this silence  
everything will come to help you



the state of no mind is vertical balance  
exactly in the middle  
no movement  
stop !  
no past no future  
just a vertical present moment  
stop !!  
the state of no mind  
where past has fallen...the future not arisen  
this present moment  
vertical  
eternity herenow  
stop !!!  
no movement...gravity disappears  
zero gravity  
explosion happens  
at the vertical speed of light



there is no path  
there is no goal  
you have dissolved  
into this vertical tunnel of light  
there is no one  
you have become the living answer  
can you see you are free !



this weightlessness...this grace...  
comes from silence and stillness which is in deep harmony  
a deep inner balance  
the moment you come to this balance  
you reach the very centre...this vertical centre  
buddha calls it the middle path  
this middle path transcends duality  
it is oneness...one...  
in the very centre  
weightless...graceful...silent  
you are transported to another world  
the world of grace...no gravity...  
that is your being

when a mystic peaks  
it is a vertical opening into the sky  
higher and higher and higher and higher  
till everything stops  
and the sky opens  
drink the sky  
the sky is open



anybody who has a desire to heal others...needs to heal himself !!

healing is not a desire to help others

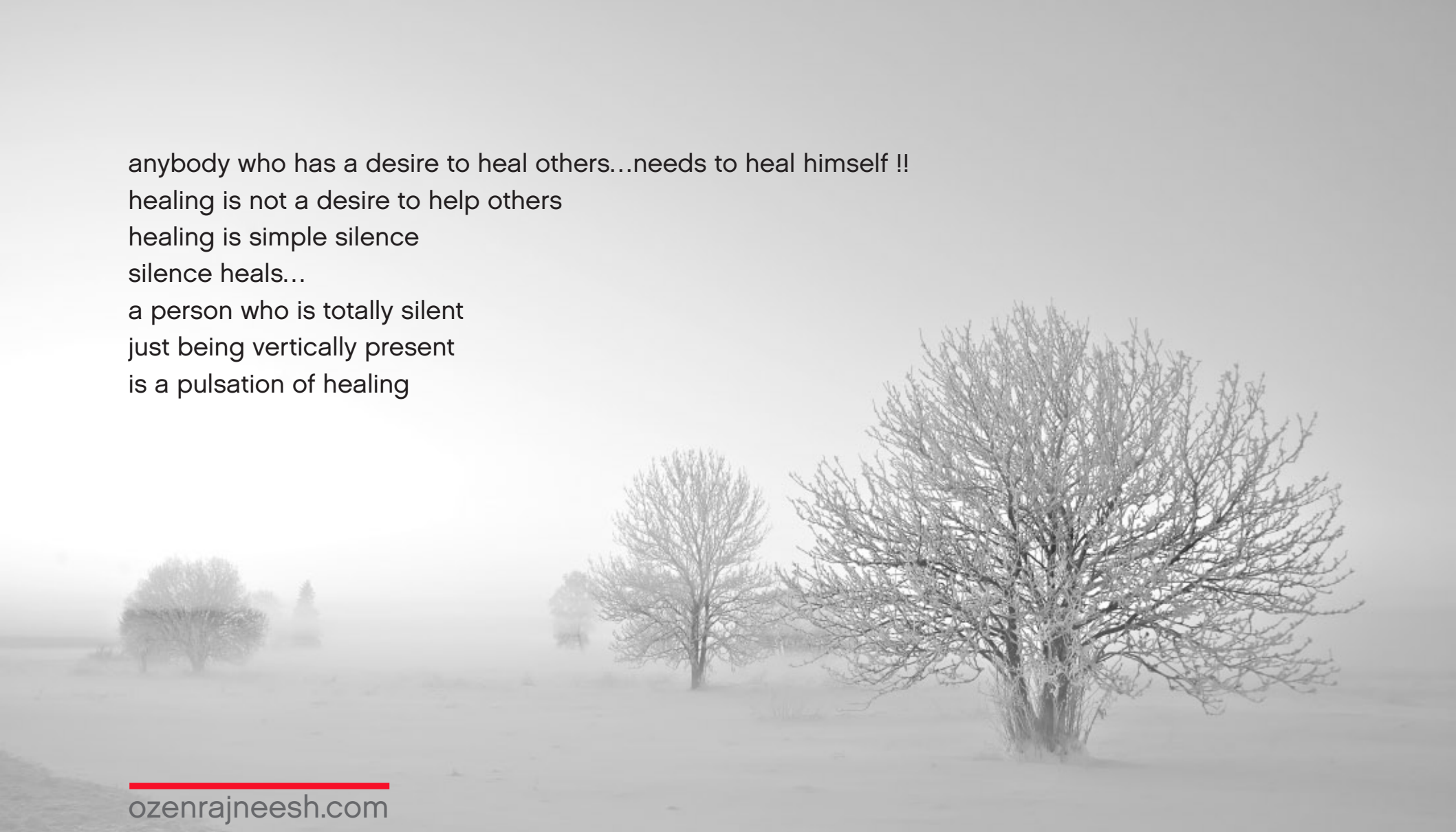
healing is simple silence

silence heals...

a person who is totally silent

just being vertically present

is a pulsation of healing








keep expanding and expanding that heartbeat  
into such a beauty  
the whole core of it  
the very pulse of it  
the very essence of it is pure love  
and that is you in your essential self  
there is no other word for life  
the closest is love  
because love shares  
it cares...it creates...it nourishes  
it expands...it shelters...it protects  
it is such a phenomenon  
it is so vast !

love has so many qualities and the greatest is creation  
it simply creates out of its abundance

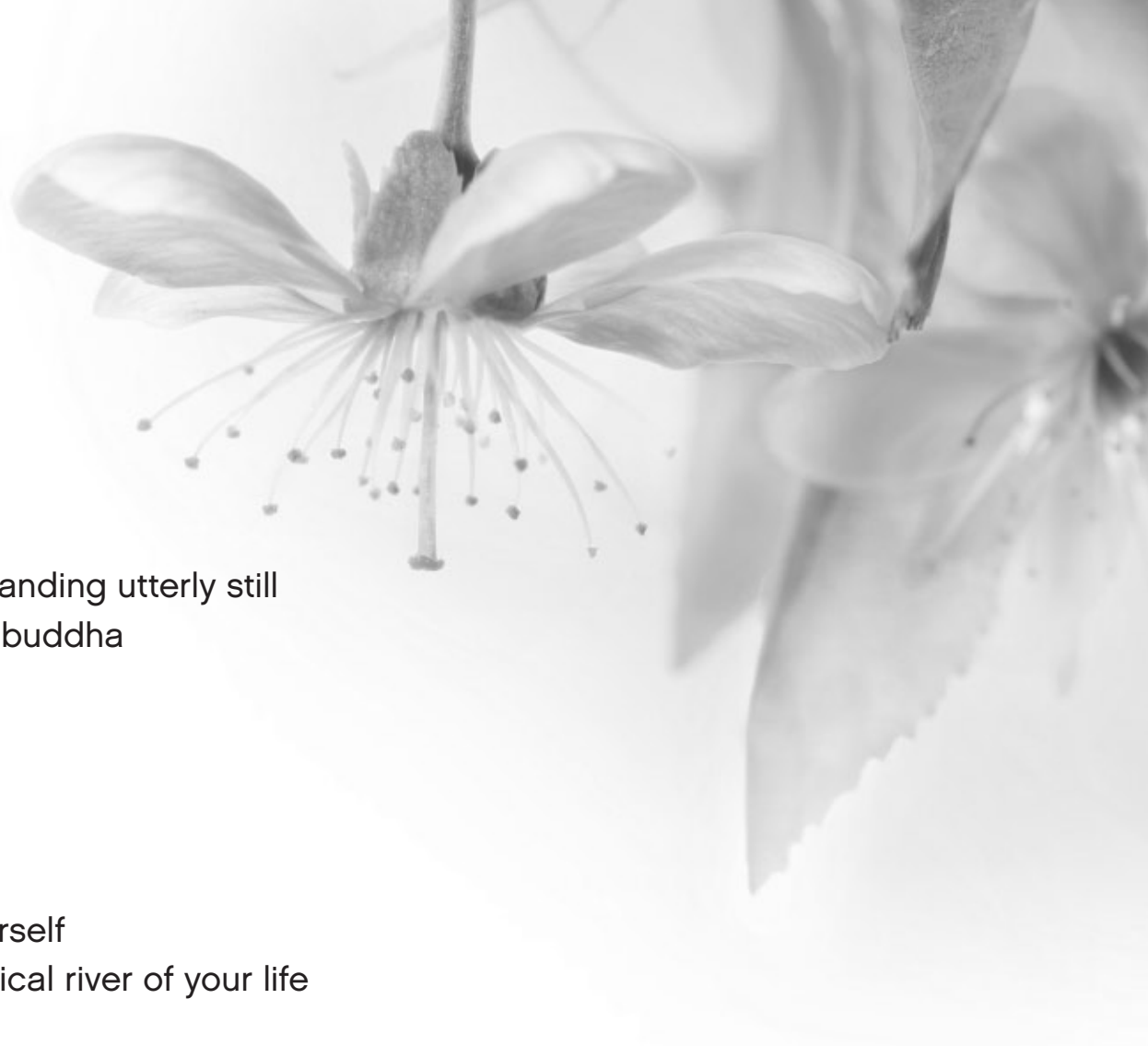


it is like a hole in the head  
you have to view your body like a tunnel...a tube  
the first explosion opens the inner crown petals  
the second explosion opens the petals more  
and the tube becomes higher...deeper...and vaster  
and settles again  
the third explosion opens the crown petals even further  
deeper...vaster...thicker  
and settles again  
fourth explosion...  
fifth explosion...  
the whole kundalini completely opens  
the thousand petaled lotus  
and this bodymind that surrounds it has had enough time  
to find harmony and balance between the vertical and horizontal reality

A black and white close-up photograph of a rose. The petals are layered and curved, with numerous small, clear water droplets scattered across their surfaces. The lighting is soft, creating a gentle contrast between the highlights on the droplets and the shadows in the folds of the petals. The background is blurred, focusing attention on the texture and detail of the rose.

there is only one way  
stillness...silence...  
no opening of doors  
no keys !

this vertical moment of light  
vertically rooted here  
there is no out there  
there is no future  
there is no movement  
it is a vertical standstill  
everything becomes peaked...alert and standing utterly still  
and in that still peaked moment you are a buddha  
you are the very essence of your being  
    peaked heightened alertness  
    the state of no mind  
    settling into the earth  
    this is the vertical path  
    you do not need to step outside yourself  
    all moving outside is leaving the vertical river of your life






stop at the peak  
dive to the depths  
and become still  
sky and earth are one  
your present being is the sky and the earth...one




disappear in this celebration  
till the inner and outer become one  
is the goose in the bottle ?  
the goose has always been out  
you have been identified with the bottle  
you believe that you are inside this bottle  
you are not inside any bottle  
nothing can keep you in this bottle  
you are vaster than the sky





you cannot meet a mystic horizontally  
because he is not the body...the mind...the emotion...  
he is a vertical presence  
trying to find a way to reach you vertically  
trying to enter you from the sky  
enter and settle deep within you

this emptiness...this absence...  
is a vast pool of silence...presence...just a mirror  
you come to a mystic to get a taste  
once you have the taste of looking in  
and if you have truly understood this simple clarity  
the miracle is everywhere...  
wherever you go you will see the same mirror  
this whole existence is a mirror  
the whole existence is mirroring truth  
this beautiful nature  
the trees...rivers...mountains...waterfalls...  
nature is a pure mirror  
totally uncorrupted and uncontaminated  
each leaf and each blade of grass  
is mirroring truth

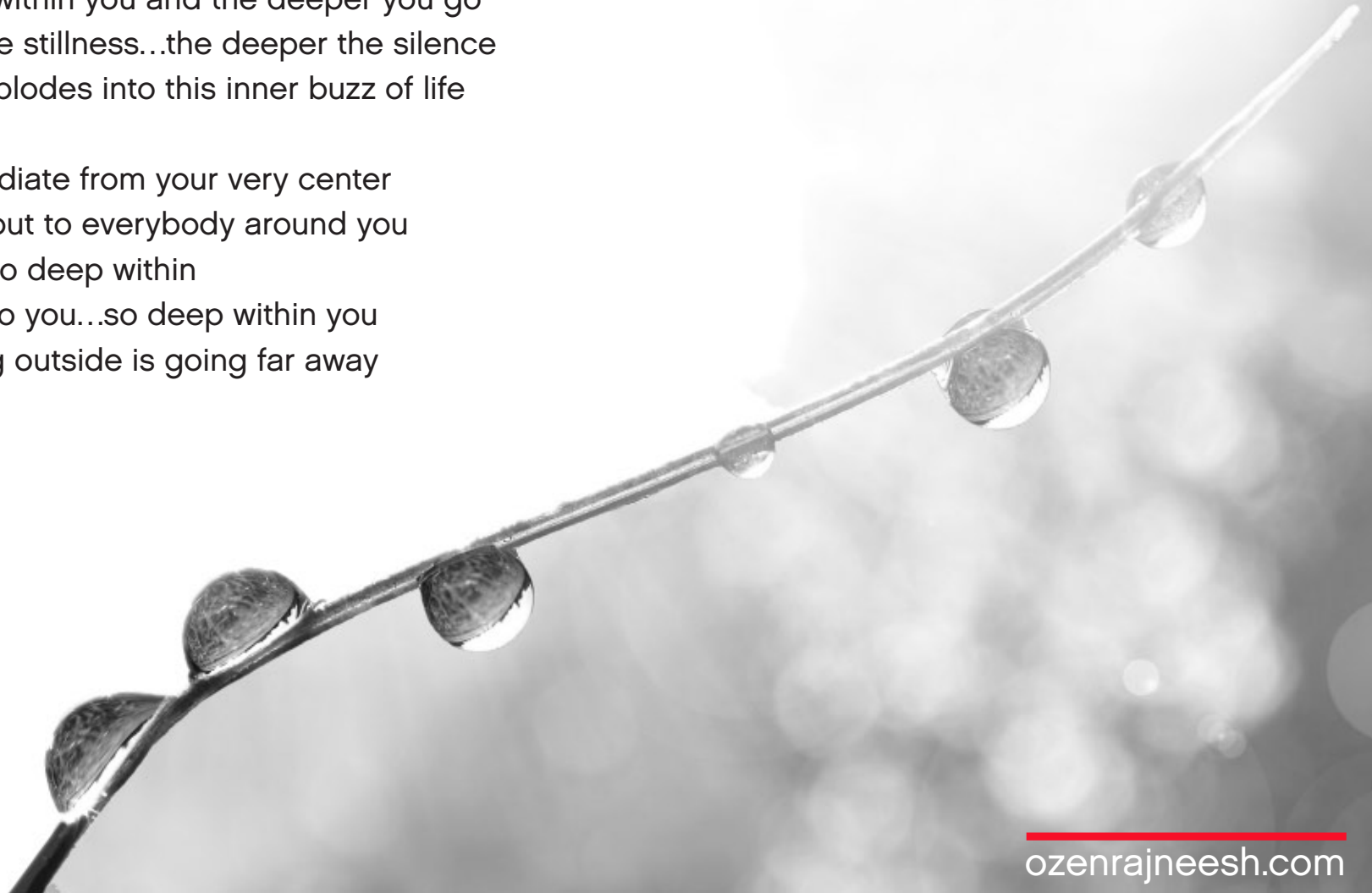


buddha should be a living quality of your life  
your day to day life  
this is how it spreads in you...grips you from within...  
and before you know it...it dissolves you...  
into a pure state of innocence...contentment...beauty and grace...

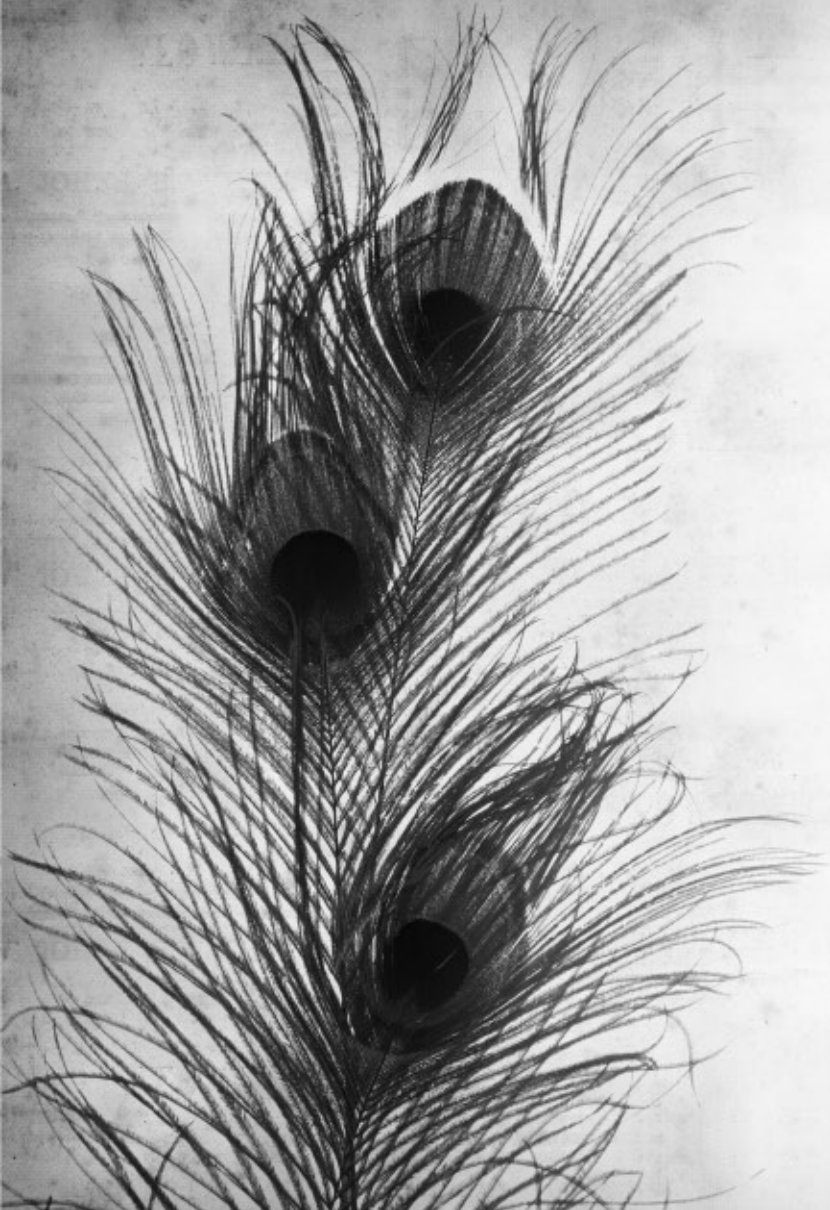
everything is within you and the deeper you go  
the deeper the stillness...the deeper the silence  
everything explodes into this inner buzz of life  
om om om...

it begins to radiate from your very center  
and reaches out to everybody around you  
you need to go deep within

it is so close to you...so deep within you  
that searching outside is going far away







simply jump out  
simply transcend the state with a simple dance  
and you will understand its very taste  
and the moment you have understood  
that one drop of the ocean  
you have understood the ocean itself  
enlightenment is nothing  
but living moment to moment  
vertical moment to vertical moment  
and deepening this experience  
deeper and deeper  
peaking higher and higher  
deepening the experience of absorbing it  
in a deep let go  
and this vertical moment is your eternity



this silence is not empty  
it is filled...with harmony...with grace  
with so much sweetness...with such a bliss

it is overflowing with life  
this is the beauty of silence  
in silence you are not alone

in silence you are connected to everything that surrounds you

the trees and the birds and the flowers  
in silence this earth...this sky reaches out to you

just learn how to listen to that message  
you are not separate from the whole

you are one

oneness

a real experience

no separation

just that experience of unbounded silence  
and something within you settles



music is the outer body to inner stillness  
when you listen to two sounds  
the gap in the middle...the silence...becomes deeper  
the two sounds are just an excuse  
to make the silence grow deeper  
it is not a question of sound  
but the silence between it  
silence between sound is the search of the meditator  
stillness within movement is the search of the meditator  
the moment you move  
there are moments of stillness within your movements  
and those stillnesses create a heightened state of alertness  
within movement...stillness  
within sound...silence



create situations...a certain milieu  
a certain space for your beauty  
and close your eyes  
be gentle with yourself  
see the treasure that you carry  
you have life  
life is pulsating within you  
what more do you need ?  
life is the treasure  
and more life means more celebration  
it is a search for life  
a drowning into life  
and realizing the whole beauty of livingness

totality in each act is so fulfilling and rewarding  
that slowly slowly it becomes the way of life  
it is the way of living your life with a declaration  
that i am a buddha  
and i will live my buddha nature  
and let the silence in me guide my actions  
i will bring the best out of me for myself  
live the best  
do not live second best



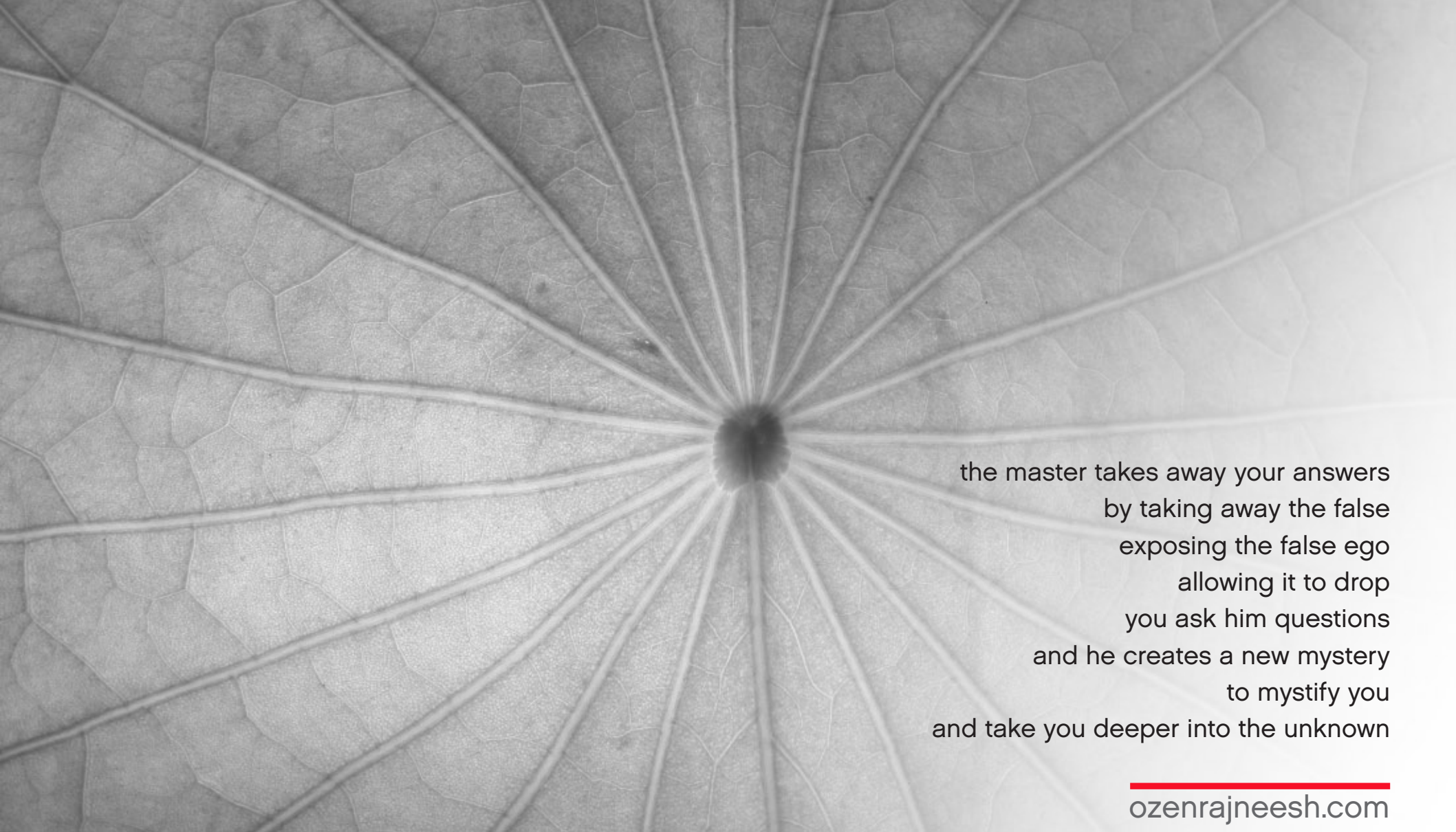


sitting in deep stillness...unmoving  
just one pulse...settle  
another pulse...settle  
not drawing it up to the heart  
not drawing it up to the mind  
not moving  
just one pulse entering you...settling  
not drawing it upwards into dream...desire...thought...action...  
simply sitting at the very source !  
this the whole knack of the meditator  
just sitting at the source  
allowing it to settle  
no ripples...just a pool of stillness  
a vast lake of life force

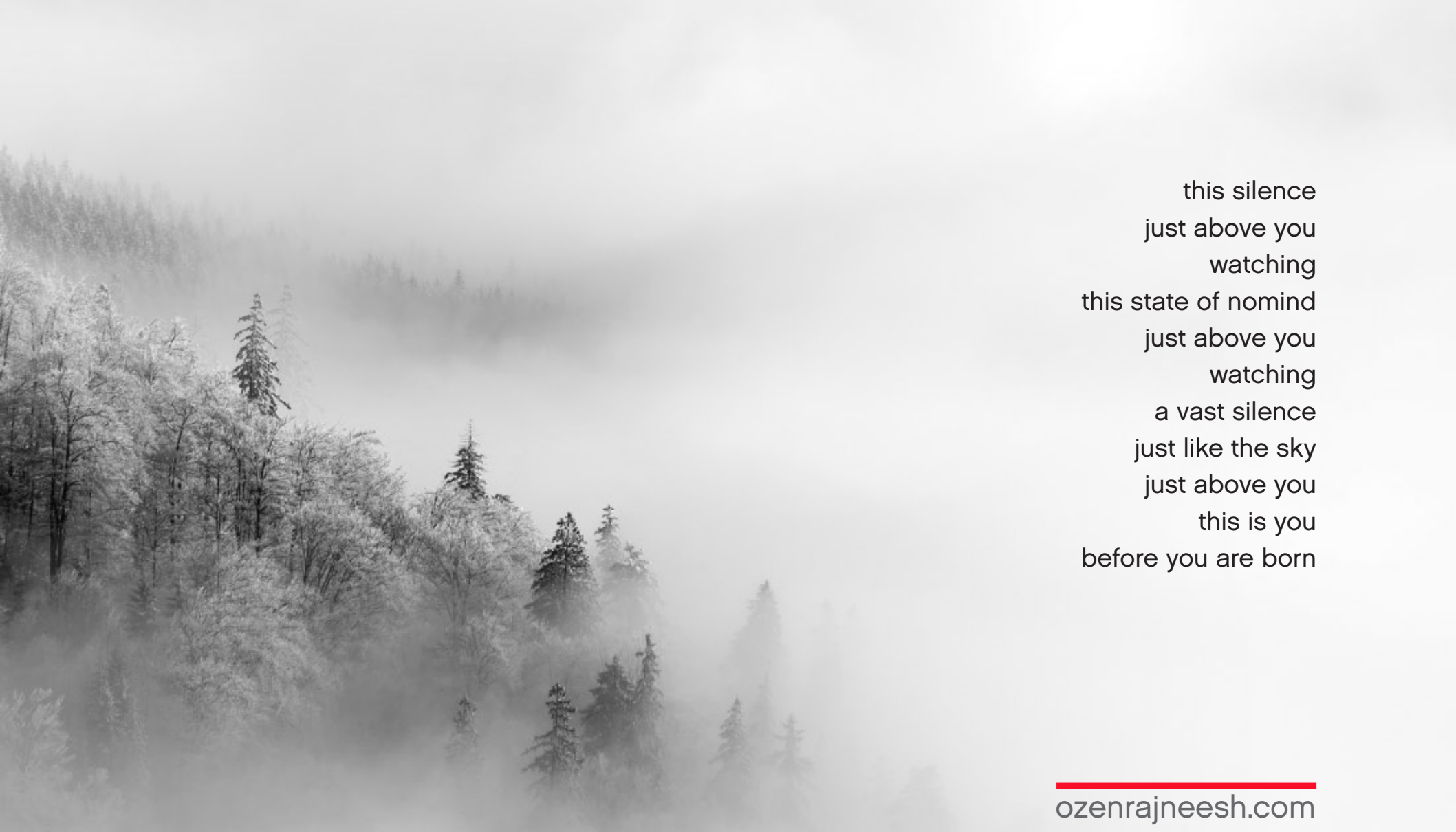




this is the path of the east  
deep surrender  
totally in love with truth  
and truth dissolves you  
and your master opens your eyes  
just pure love  
no condition  
pure innocence and that is the window !  
it is the greatest window available to seekers  
just a simple understanding  
how to dissolve into your master  
how to be a disciple  
and that is the door  
it is not a door..you have disappeared !

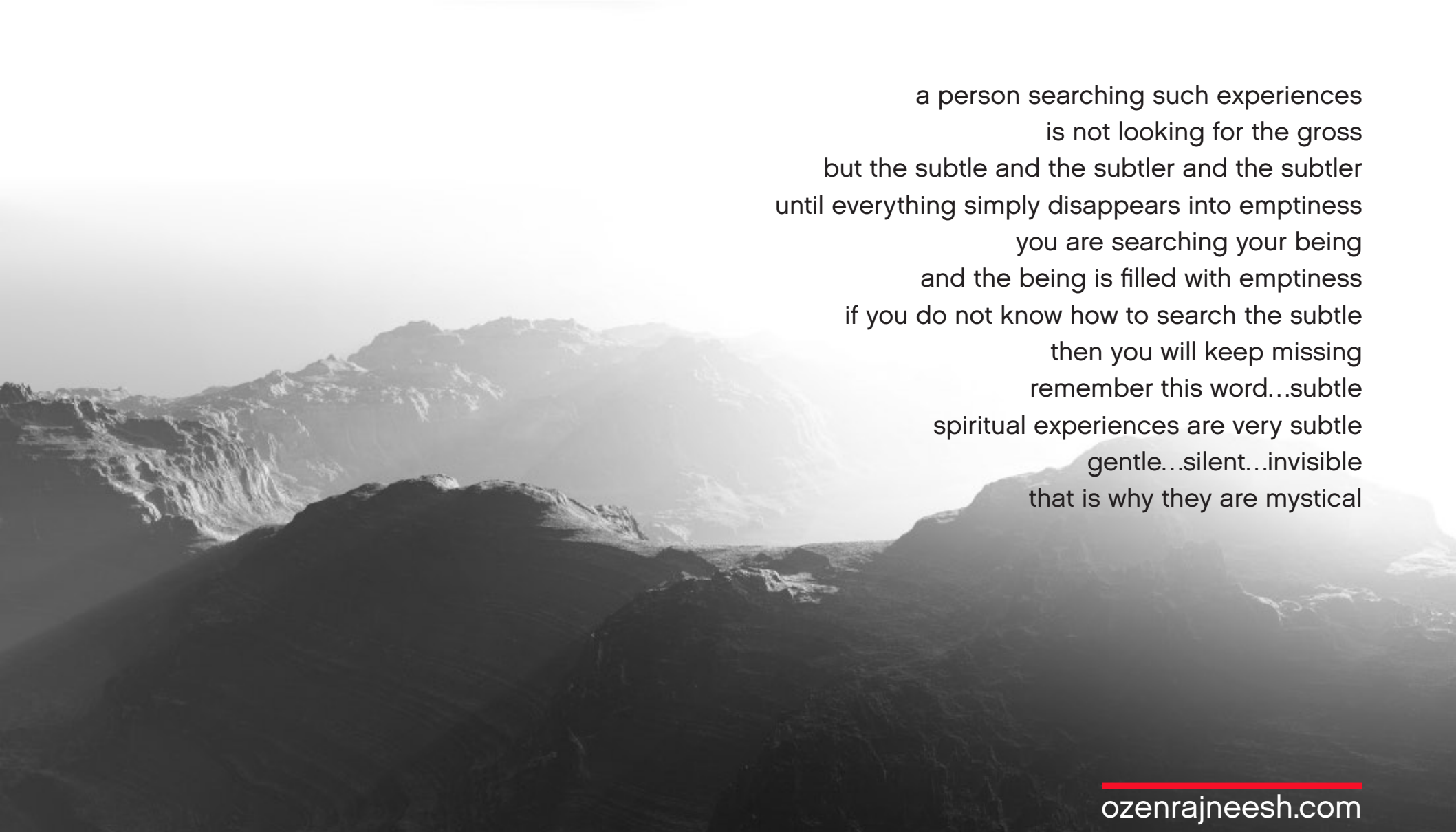


the master takes away your answers  
by taking away the false  
exposing the false ego  
allowing it to drop  
you ask him questions  
and he creates a new mystery  
to mystify you  
and take you deeper into the unknown



this silence  
just above you  
watching  
this state of nomind  
just above you  
watching  
a vast silence  
just like the sky  
just above you  
this is you  
before you are born





a person searching such experiences  
is not looking for the gross  
but the subtle and the subtler and the subtler  
until everything simply disappears into emptiness  
you are searching your being  
and the being is filled with emptiness  
if you do not know how to search the subtle  
then you will keep missing  
remember this word...subtle  
spiritual experiences are very subtle  
gentle...silent...invisible  
that is why they are mystical

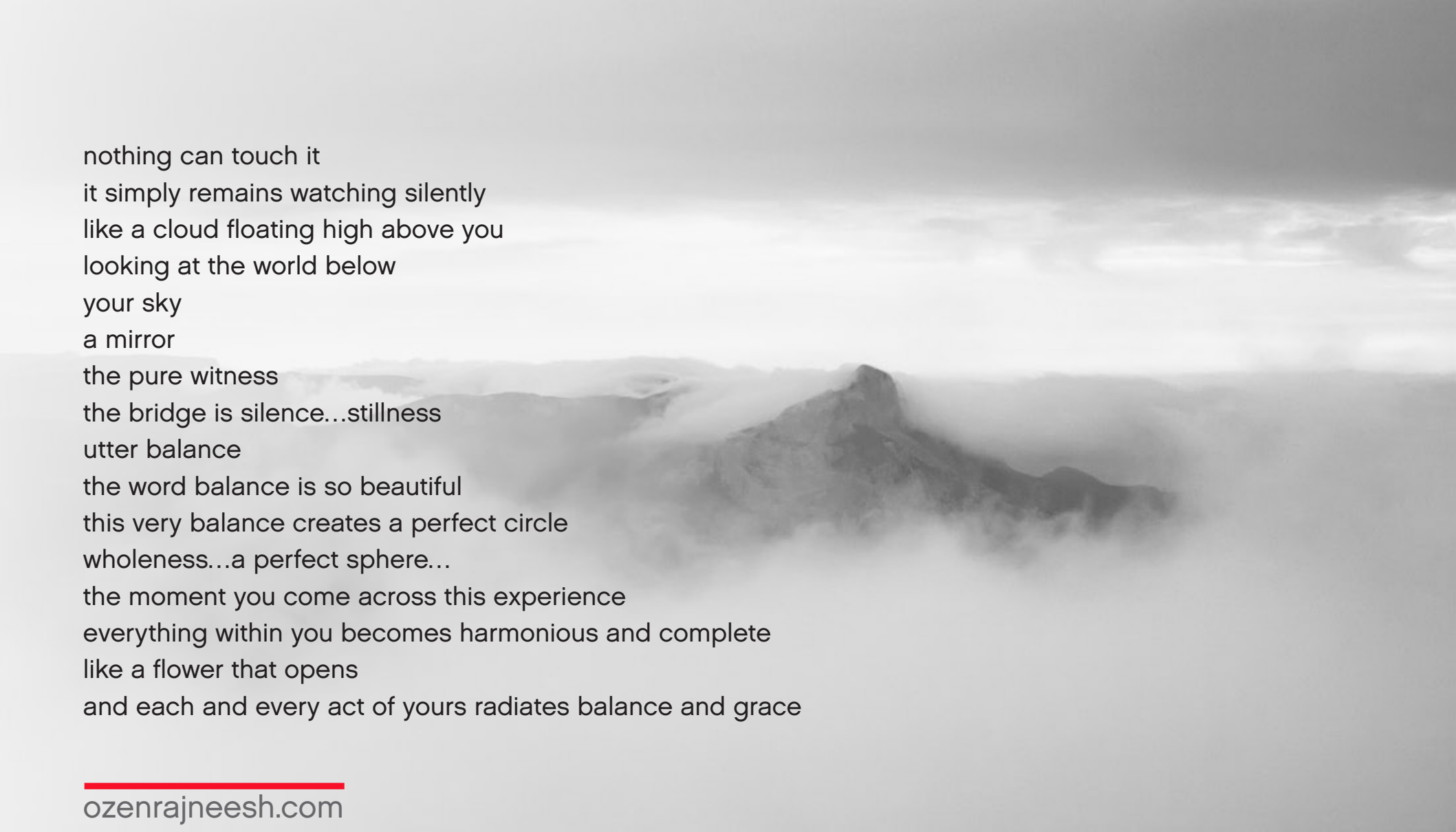


you fall into the great abyss  
a deep tunnel  
the well of your life...  
this experience of mind stopping  
everything becomes still  
and suddenly you fall...fall...fall...fall...fall  
and you are free of this movement of mind  
you have found your eternal presence

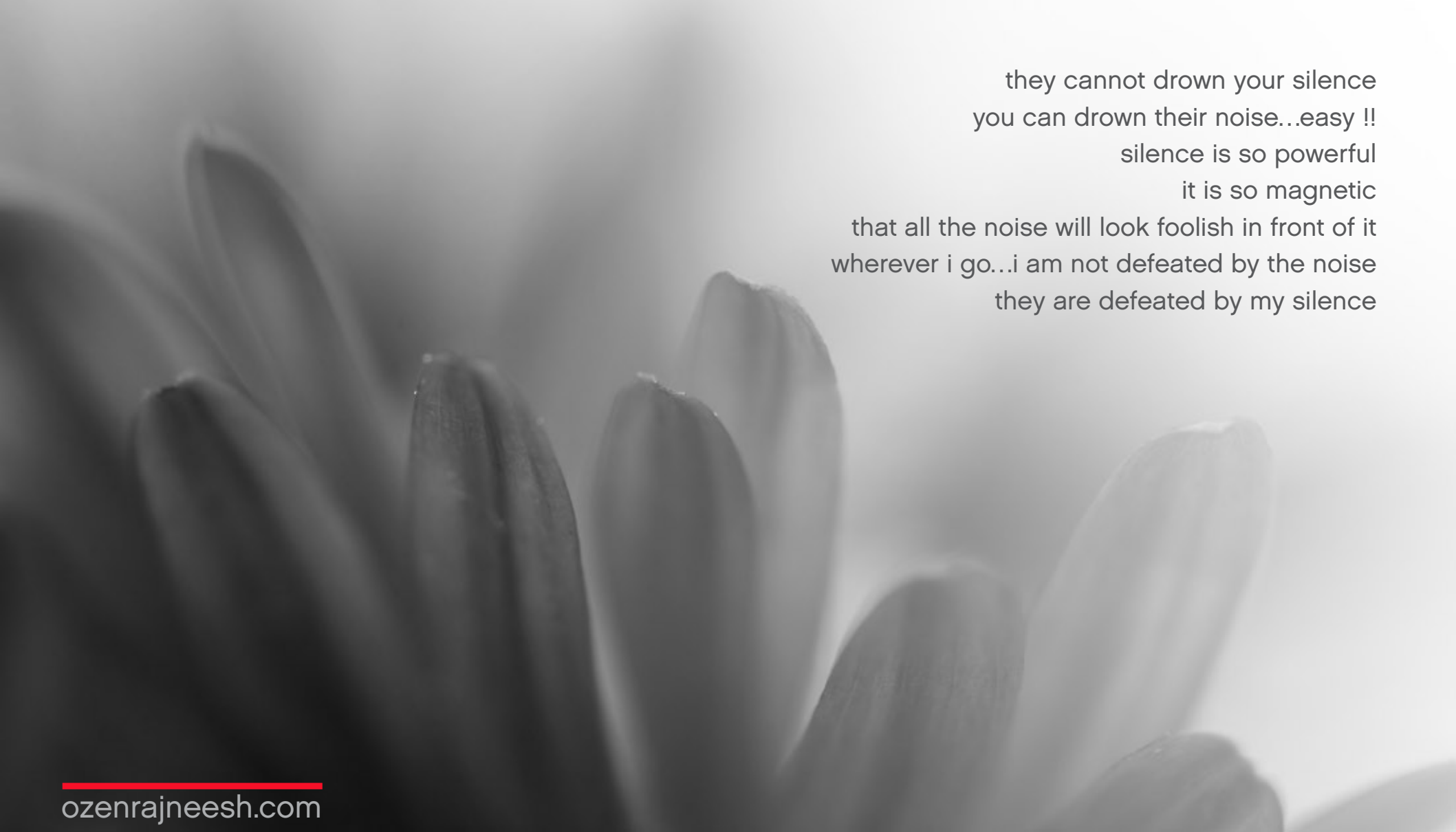


there is only one answer  
that is dissolving into silence  
that is the answer  
you are the answer  
your dissolved state is the answer  
so easy to dissolve  
when you utterly accept yourself  
just the way you are  
struggle is over  
simple silence  
drop






nothing can touch it  
it simply remains watching silently  
like a cloud floating high above you  
looking at the world below  
your sky  
a mirror  
the pure witness  
the bridge is silence...stillness  
utter balance  
the word balance is so beautiful  
this very balance creates a perfect circle  
wholeness...a perfect sphere...  
the moment you come across this experience  
everything within you becomes harmonious and complete  
like a flower that opens  
and each and every act of yours radiates balance and grace



they cannot drown your silence  
you can drown their noise...easy !!  
silence is so powerful  
it is so magnetic  
that all the noise will look foolish in front of it  
wherever i go...i am not defeated by the noise  
they are defeated by my silence




it is your eternity  
and life is nothing but an opportunity  
to find your eternity  
to drown into it  
to own it  
to be a light unto yourself  
to be a buddha






there is no future  
it is in the present  
just deeper and deeper and deeper  
into this present moment  
is the whole future  
is the whole past  
just one line...a vertical movement  
from vertical eternity to vertical eternity  
your present moment of stillness  
and deepening of silence  
is your eternity






this silence...so sweet  
everything is perfectly perfect  
just this taste  
that i am perfect  
everything is perfect  
when i am silent and still



love is very dangerous  
love is pure fire  
you cannot predict what will happen with that fire  
it will burn you  
it will dissolve you  
and this fire is so powerful  
the moment truth happens  
love happens...



innocence  
just like a child  
pure innocence is the way of the inner  
pure innocence is the way of the seeker



vertical transformation needs nothing  
just a simple dance  
a totality of being  
a deep thirst to reach higher and higher within you  
and the moment you will reach  
you will know  
drink...drink...drink  
let it go deep  
again you peak  
drink it and draw it down  
and live your life meditatively



whatsoever passes by the mirror  
the mirror does not know it is passing by  
it is simply reflecting...  
remember again  
the mirror does not know it is reflecting anything  
whatsoever comes and goes  
it simply comes and goes  
it has no idea that it is reflecting  
hence the mirror is clean...innocent...silent  
not attached  
just a pure watchfulness





it is like seeing a mirror of your own inner being  
a master through his silence  
mirrors your master  
shows you that you are also present  
watch your inner presence  
and you will know

you have to learn the art of drinking  
how to get drunk with the divine  
how to dance in pure ecstasy  
and in that ecstasy the showering of the universe is a living experience  
and you are so drunk and fulfilled the mind simply disappears  
in fact when you are so drunk you do not know the way anymore  
the search for truth is getting lost and lost  
and getting so lost that the one who went to find the truth  
got lost...he disappeared  
and this new mystery became his home  
he simply drowned into a deep silence  
with nothing left  
no search...no seeker...  
simply no one present...

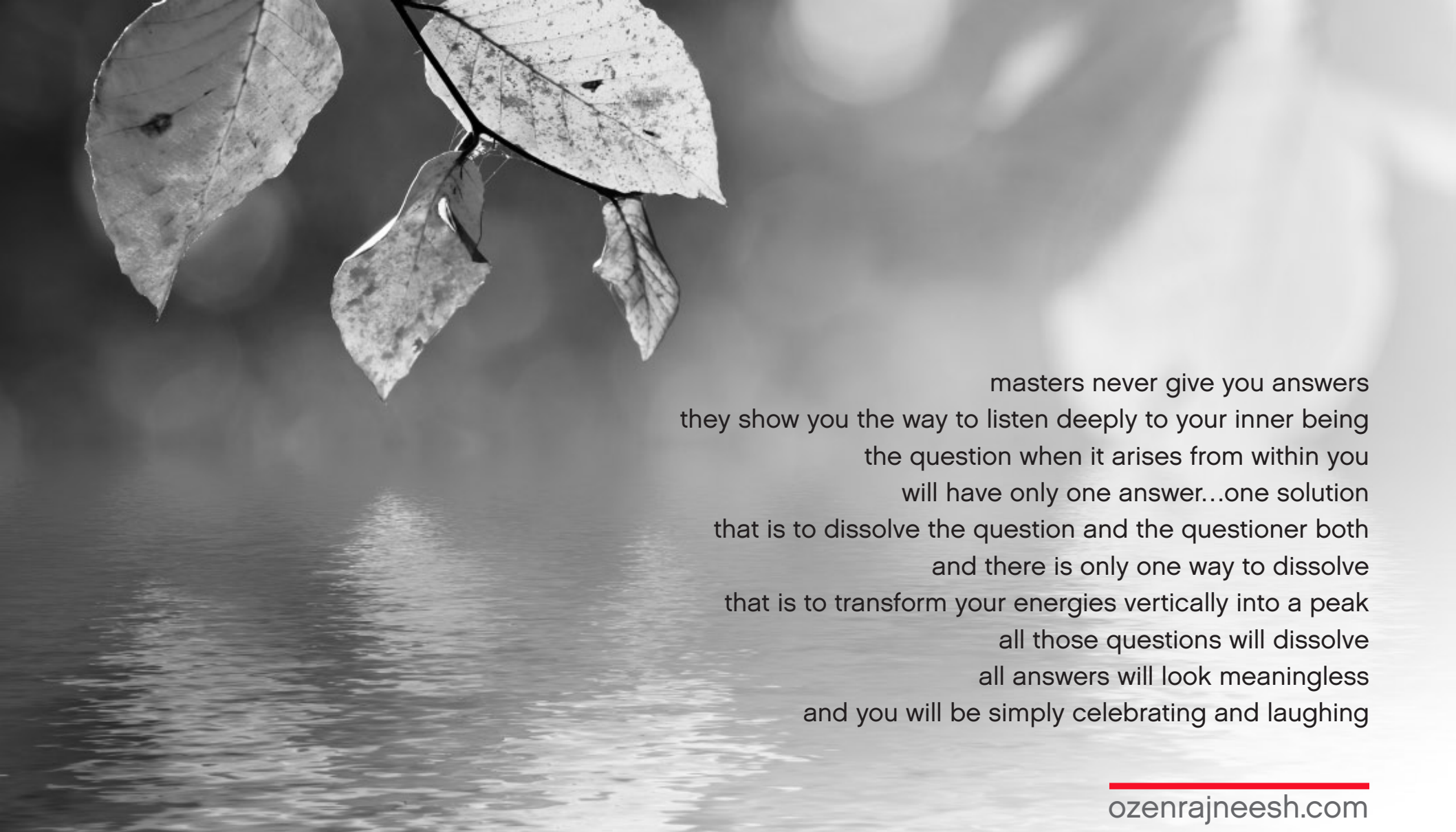


never born never died  
it comes in every moment  
it confronts you in each and every action that you do consciously  
each and every step we are never born and never died  
that moment is present in you...in every single gesture...



deeper the stillness  
the deeper the silence...the more you are  
you are a vast sky  
deep and still  
this is your buddha nature  
it is so silent...within you  
this inner sky is your freedom  
how to taste it...how to help it grow...expand within you  
is the way to live...live the real life  
this stillness will remain with you  
when you will leave this form  
this formless inner silence will be your only companion  
these peaks that you have experienced  
will be your only treasures  
value these peaks  
deepen this silence  
and you will be an emperor  
you will be holding a diamond  
your eternal treasure





masters never give you answers  
they show you the way to listen deeply to your inner being  
the question when it arises from within you  
will have only one answer...one solution  
that is to dissolve the question and the questioner both  
and there is only one way to dissolve  
that is to transform your energies vertically into a peak  
all those questions will dissolve  
all answers will look meaningless  
and you will be simply celebrating and laughing

the same trap  
and you are a sucker !!  
utterly blind  
when you get stuck in this rat race  
a little bit more cheese  
again you run  
your habits...your greed...your fulfillment that you achieved it  
that achievement has become your misery  
because now you have achieved it  
you can achieve anything  
this is the misery...





you have to learn how to stand on a razors edge  
just one pindrop  
one pindrop of silence  
deeper and deeper and deeper  
and each experience creates a space  
to drink that same moment again  
and the moment the sky and the earth  
will become one linear vertical moment  
you will completely disappear  
you are enlightened every moment



the state of deep restfulness...awakens  
such a beautiful word...awakening  
awakening...not waking up  
awakening happens from within you  
waking up...others wake you up...the mind wakes you up  
but awakening is a state of ultimate rest  
the state known as samadhi  
and that state awakens you...from within  
all the hidden treasures are lying dormant within you  
but you do not know how to reach that deep restfulness  
rest so deep that it simply overflows  
that it awakens from within your consciousness  
understand the word awakening

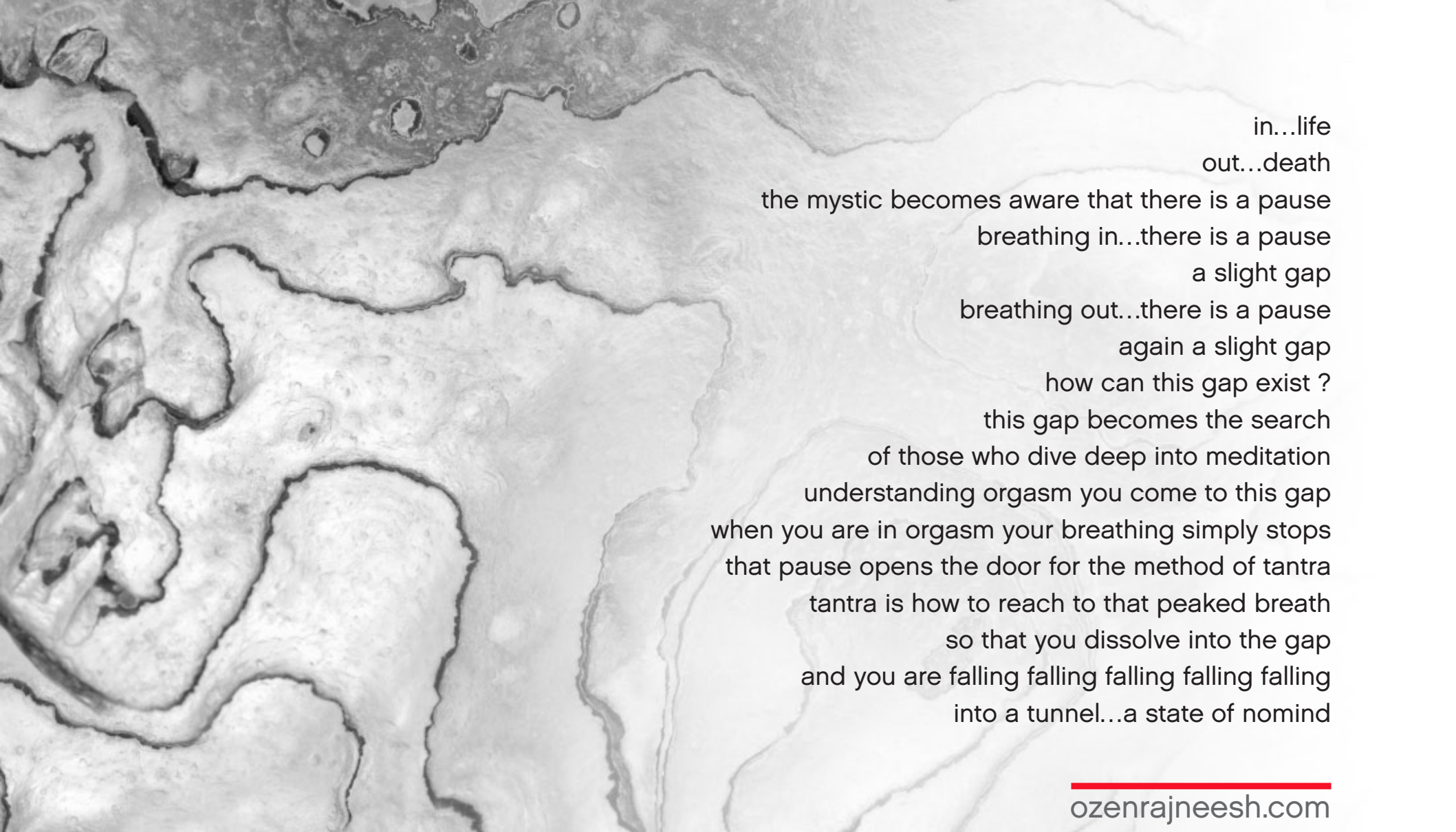


that is why in the east surrender is the key  
this key has only been understood by those  
who have reached the very highest peaks  
the moment you reach the highest peak in you  
and you dive to the deepest depth  
all you can do is surrender  
few tears  
a celebration  
a deep trust  
and you are free  
if you do not learn to surrender  
you will be defeated  
you will fight it  
and you cannot win  
the winning is in losing  
it is the greatest victory  
and you are not surrendering to anybody  
but to existence itself





when you are utterly confused your mind gives up  
the more you get confused  
the mind cannot understand anything  
and the mind simply has to stop thinking  
you have to use everything positively  
confusion is a great art  
if someone can confuse you totally  
like jabar...speaking gibberish  
he keeps confusing you till nothing makes sense anymore  
you simply give up to make sense out of it  
and the mind falls !  
confusion is one of the great methods towards truth



in...life

out...death

the mystic becomes aware that there is a pause

breathing in...there is a pause

a slight gap

breathing out...there is a pause

again a slight gap

how can this gap exist ?

this gap becomes the search

of those who dive deep into meditation

understanding orgasm you come to this gap

when you are in orgasm your breathing simply stops


that pause opens the door for the method of tantra

tantra is how to reach to that peaked breath

so that you dissolve into the gap

and you are falling falling falling falling falling


into a tunnel...a state of nomind



truth is a vertical experience  
a vertical experience of light  
the mind moves horizontal  
truth moves vertical  
they do not even know each other

---

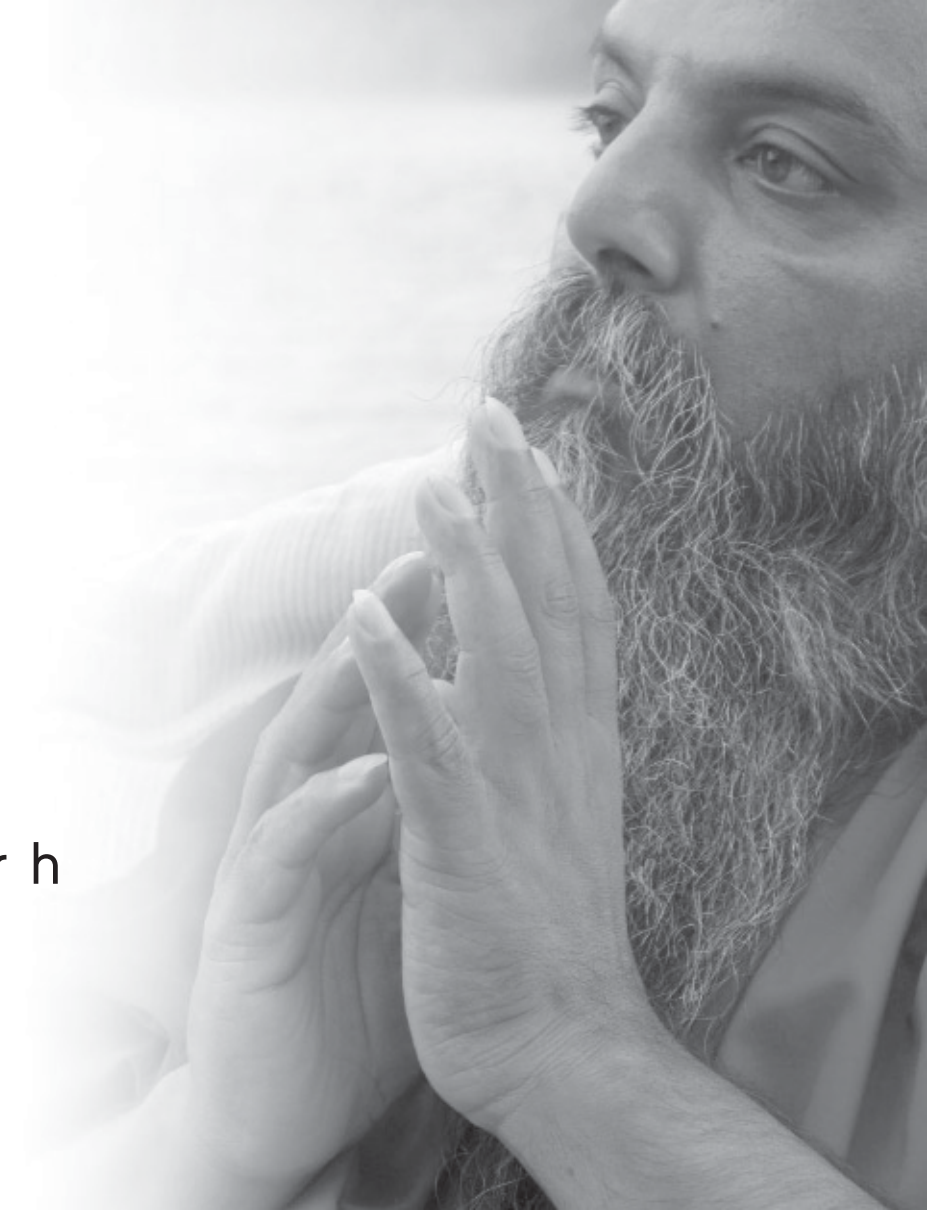
[ozenrajneesh.com](http://ozenrajneesh.com)



just one taste of it  
you will never speak  
and if you speak  
you will only speak of that silence



o z e n r a j n e e s h





o z e n   r a j n e e s h

---

spontaneous talks mystic rose world tour 2009 - 2010

excerpts from his books

go in go in gone

dissolve into love

stop drop dead

zero

yo gotta' groove in

i to i

## websites

[www.ozenrajneesh.com](http://www.ozenrajneesh.com)

[www.ozencocom.com](http://www.ozencocom.com)

[www.oshorajneesh.com](http://www.oshorajneesh.com)

[www.oshococom.com](http://www.oshococom.com)

## ozen rajneesh books

tears of the mystic rose his inner journey

go in go in gone spontaneous talks russia

dissolve into love spontaneous talks mexico

stop drop dead spontaneous talks europe

zero spontaneous talks india

yo gotta' groove in spontaneous talks ukraine

zipzap excerpts

chill in excerpts

tranzendance excerpts

vertical herenow excerpts

i to i notes

